



In a healthcare landscape increasingly burdened by diet-related diseases, The Root of It All is a bold response—designed to embed nutrient-dense food directly into the everyday environments where families receive care. By connecting local small farms with dental clinics, dental schools and dental professionals, we aim to redefine food access as a critical component of health services with a prescription program

Having over fifty years of experience collectively in agriculture and the dental industry, Veronica along with Tim are tackling chronic illness, metabolic syndrome, by addressing it at the root: what we eat, and how we care for our communities. Metabolic Syndrome involves having at least 3 out of 5 health conditions that increase the risk of cardiovascular disease, stroke, and Type 2 diabetes. Pioneering a community-based solution for family healthcare that bridges wellness and nutrient dense foods is our aim.



VERONICA WALTON, RDH



TIM LEWIS, FARMER

GETTING TO THE ROOT OF IT ALL

Our mission is to create a sustainable, community-rooted food system in 6 -12 months. Prioritizing long-term solutions that reduce dependence on non-nutritive convenience foods, and engages patient age 3 to 100, produce prescriptions, food education, and community resource outlets introduced through dental providers will lead to healthier lives. Through this approach, we will impact 40 families.

COLLABORATORS

- Golden Ciphers
- Ghetto Therapy
- Arrow Project
- Martin DePorres
- The Prolific Achievers
- NEON Health
- Care Alliance
- Mark A. Worford DDS
- CWRU Dental
- Central State

HOW CAN YOU GET INVOLVED

You can support our efforts to transform local food access and health outcomes by getting involved in several meaningful ways. Volunteers are essential in helping distribute produce, assist with educational workshops, and engage directly with families. Access to community facilities allows us to host events, cooking classes, and food distribution points that bring people together. Supporters can contribute by raising awareness, connecting us with partners, or offering specialized skills. Grant proposal writing is another vital area where experienced individuals can help us secure the funding needed to expand our reach. Financial contributions and in-kind donations directly support our ability to provide fresh food, educational materials, and other critical resources. Every form of support helps families access food and thrive.



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